



Department for Environment Food & Rural Affairs

NATIONAL FOOD SURVEY: NUTRIENT CONVERSION FACTORS

Each food code links to a nutrient conversion factor. As far as we can tell the consumption quantities for all National Food Survey diaries were in imperial measures, so each nutrient conversion factor was for an ounce in weight, fluid ounce, pint, or individual egg. Although there is an imperial to metric conversion table in the reference database it does not seem to be linked during the processing of data for nutrients.

This is the UK nutrient intake query function, used to calculate daily nutrient intakes for each UK household:

Original Access calculated field	Average intake: Sum (([Data: Diary Data]![cq] * [weight] * [Ref: nutrient conversion factors]![nutcvf])/ [Person count x UK]![SumOfmemhh])/7
Unpacked version	Average intake: Sum of ((Consumption quantity times the Weighting factor for region of UK times the Nutrient Conversion Factor for that year) divided by Sum of members of household in UK times the weighting factor for region of UK)/7

(weighting factor for region of UK = 1 except for Northern Ireland data between 1996 to 2001 according to Defra processing database)

(7 = Number of days households were surveyed)

The number of nutrients recorded in the Nutrient Conversion Factors tables for each year seems to have increased during the lifetime of the survey. Although we made efforts to try to positively identify each nutrient code it has not been possible to do so. We have had to assume that the list of 47 nutrients we currently use for the Living Costs and Food Survey is the same list that evolved during the lifetime of the National Food Survey. Here is a list of the nutrients and our assumption as to their identity.

nutrient	Nutrient_name	Notes
1	Vegetable Protein	
2	Animal Protein	
3	Fat	
4	Saturates	
5	Mono-unsaturates	
6	Poly-unsaturates	
7	Carbohydrate	
8	Energy - Kcal	
9	Energy - MJ	
10	Calcium	
11	Iron	
12	Retinol	
13	Carotene	
14	Retinol equivalent	
15	Thiamin	
16	Riboflavin	
17	Nicotinic acid	
18	Tryptophan	
19	Niacin Equivalent	
20	Vitamin C	
21	Vitamin D	
22	FOLATE	Seems to have begun to be recorded in 1979
23	Sodium	Seems to have begun to be recorded in 1985
24	Starch	Seems to have begun to be recorded in 1992
25	Glucose	Seems to have begun to be recorded in 1992
26	Fructose	Seems to have begun to be recorded in 1992
27	Sucrose	Seems to have begun to be recorded in 1992
28	Maltose	Seems to have begun to be recorded in 1992
29	Lactose	Seems to have begun to be recorded in 1992
30	Other sugars	Seems to have begun to be recorded in 1992
31	Total sugars	Seems to have begun to be recorded in 1992
32	Non-milk extrinsic sugars	Seems to have begun to be recorded in 1992
33	Alcohol	Seems to have begun to be recorded in 1992
34	Fibre:Southgate	Seems to have begun to be recorded in 1992
35	Fibre:Englyst	Seems to have begun to be recorded in 1992
36	Potassium	Seems to have begun to be recorded in 1992
37	Magnesium	Seems to have begun to be recorded in 1992
38	Copper	Seems to have begun to be recorded in 1992
39	Zinc	Seems to have begun to be recorded in 1992
40	Vitamin B6	Seems to have begun to be recorded in 1992
41	Vitamin B12	Seems to have begun to be recorded in 1992
42	Phosphorus	Seems to have begun to be recorded in 1992

nutrient	Nutrient_name	Notes
43	Manganese	Seems to have begun to be recorded in 1992
44	Biotin	Seems to have begun to be recorded in 1992
45	Pantothenic acid	Seems to have begun to be recorded in 1992
46	Vitamin E	Seems to have begun to be recorded in 1992
47	Cholesterol	Seems to have begun to be recorded in 1992

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